

# CLUES TO HARMONY.



HERE ARE some simple clues on how to maintain good interpersonal relationships:

1

1. Speak less, listen more. A Greek philosopher once said that you were given two ears and one mouth so that you can listen twice as much as you speak.

2

2. Remember to always maintain a calm manner. The way in which you say something may be more significant than what you actually say. Actions speak louder than words.

3

3. Keep an open mind. Practise disagreeing without being disagreeable. Seek mutual understanding.

4

4. Avoid showing off. Let people learn from your behaviour. Your successes will speak much more loudly than your words.

5

5. Avoid promises you cannot keep. Share insights with others in a non-judgemental manner.

6

6. Avoid gossip and spreading rumours as well as people who gossip. Try to live your life in a way that anything negative said about you will not readily be believed.

7

7. Be considerate and sensitive to the limitations of others, (especially spouses and children). Understand that we all have anxieties about life and your sensitivity could be the key to another's peace of mind.

8

8. Appreciate others as real human beings with feelings and needs for self esteem and recognition. Believe that each person has just as much right to be walking this earth as you do.

9

9. Show interest in others. They have thoughts, circumstances, families and a future. Make it your business to find out what makes them tick.

10

10. Remember that it takes 72 muscles to frown and only 14 to smile, so look on the bright side of everything. See life's difficulties as challenges and not as problems or obstacles.

All that is needed to put these into practise is a willingness to try something different and to change the course of your life.

Illustrations: CARLENE DE BOURG





## DATE RAPE DANGER SIGNALS LOOK OUT FOR THESE GUYS!

Pay attention to controlling behaviour that doesn't seem or feel right like:

- guys who don't listen to you, ignore you or talk over you, criticize what you wear, etc. These guys have no respect for women.
- guys who sit or stand too close to you, make you feel uncomfortable and enjoy making you feel this way.
- guys who power stare, like when a guy is looking right through you or down at you.
- guys who do only what they want or push or grab you to get what they want.
- guys who express anger and violence towards women either through words (e.g. You \_\_\_\_\_ I'm going to kill you) or by pushing, shoving or biting.

• guys with a bad attitude toward women (e.g. women are meant to be seen and not heard. A woman's place is in the kitchen so that she can serve a man).

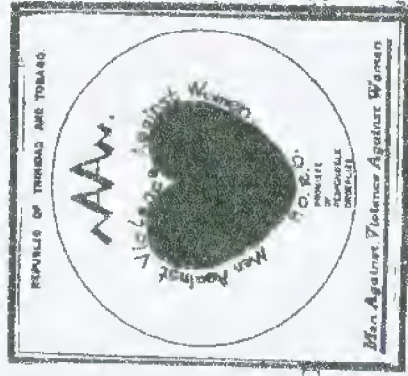
- guys who are overly jealous or possessive, this is not a compliment, these guys can be very controlling.
- guys who drink or use drugs heavily.
- guys with a reputation for scoring. They are likely to pressure you for sex when you go out with them.

From "Lindsays Story" by the  
Mississauga Hospital Sexual Assault Team  
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## COMMUNITY SUPPORT FOR ENDING DATING VIOLENCE

Avalon Sexual Assault Centre  
Halifax, 425-0122

Chrysalis House  
Kentville, 1-800-264-8682



Second Story Women's Centre  
Bridgewater, 543-1315

## People in Healthy Relationships:

- spend time together and time apart
- trust each other
- respect their mutual feelings
- talk openly about sexual needs and desires
- are sensitive to each others feelings
- are friends
- have common interests
- communicate their feelings honestly and openly

# Date Rape?



## OR HEALTHY CHOICES...

# WHAT CAN YOUNG WOMEN DO?

MAVAW - Halifax - 668-5133  
Hot - 637-0924

off - 623-9302  
fax - 623-0193

## DATE RAPE

You can't always avoid date rape and unfortunately there's no perfect way to protect yourself, however there are things you can do to lessen your chances of being sexually assaulted.

## REMEMBER

85% of all sexual assaults of teenagers occur between people who know each other (e.g. a date, a friend or someone you've just seen around). People are sexually assaulted in their homes, in cars, at school, at parties, at the beach... you get the picture. You've been sexually assaulted if you've been forced or pressured into going further sexually than you feel comfortable with. In other words, if you've been kissed, touched or had intercourse without agreeing to it, that is Sexual Assault.

## SEXUAL ASSAULT IS AGAINST THE LAW

It is always the guy's responsibility to control his behaviour and accept your sexual limits. It is the girl's responsibility to communicate these limits.

## WHAT WOMEN CAN DO

Look at your feelings about sex and set sexual limits. You may have different limits at different times with different people but you should know what you do or don't want before you're parked at the drive-in with your date.

Tell the other person those limits. Yes should always mean yes and no should always mean no. Saying yes to necking does not mean you've said yes to intercourse. Let him clearly know how far you want to go and that you won't go any further. This has to be talked about because body language is too confusing and ESP doesn't work.

Be aware of signals you send with your posture, clothes, tone of voice and eye contact. Women NEVER are asking to be sexually assaulted by how they look or act but many men may misinterpret these signals and think women want "it" when they really don't.

### Beware of guys who use come-on lines like these to get you into bed:

PRESSURING FOR SEX - "you loved me you would" "You're not the only girl I could date"  
TRYING TO MAKE YOU FEEL BAD OR GUILTY - "Don't you like me?" "Are you weird or something?"  
BLACKMAIL - "I'll kill myself if you break up with me" "I'll tell everyone you did anyway"  
THINKS SEX IS HIS RIGHT NO MATTER WHAT - "You turned me on, now you have to do it"  
"We've had sex before so you can't say no now"  
DOESN'T TAKE NO FOR AN ANSWER - "You can't say no because I spent all that money on you"  
"You really want it. You're just saying no to protect your reputation, girls are supposed to do that"

Make sure you are clear when something is happening that you don't like. If necessary use powerful and firm voice that says "STOP THIS-I'M NOT ENJOYING IT!". If you don't let him know what you do or don't like or that you want him to stop, he might think this silence means you want to go further.

TRUST YOUR FEELINGS. If you feel you are being pressured into unwanted sex - YOU'RE RIGHT! you are feeling uncomfortable at a party or wherever - LEAVE. Pay attention to changes in your feelings. A situation may feel okay at first and then change - LEAVE if this happens.

Be independent and aware on a date. Have opinions about where to go and what to do, so your date knows you're not a pushover. At first, you may want to meet in a public place or go on a double date. You may want to pay your own way, so you don't have to feel you owe him. Always have your own transportation home or enough money for taxi fare or at least a quarter to call a friend/parent for a ride. Also be aware that drugs and alcohol often go hand in hand with date rape because they lessen your ability (and that of your date) to make responsible decisions.

Hang around with people who share your values. They are less likely to pressure you to do something you don't really want to do.



# Dealing with Conflict

DDB 6/8/98

*Conflict is normal in relationships.*

*Because each person is unique, whenever two or more persons live together, differences of perception, interpretation of events and opinion will be inevitable.*

There are four main ways to deal with conflict.

## 1. Flight:

Running away from any sign of disagreement; refusing to acknowledge or talk about differences.

This is appropriate when the time and/or place is not right for dealing with a particular problem. It is particularly appropriate when safety is at stake.

It is not appropriate as a general style of dealing with conflict because it prevents settling of difficulties and results in a build-up of bad feelings, as disagreement piles on top of disagreement.

## 2. Diversion:

Delaying discussion by deflecting attention away from the problem by changing the subject, criticizing, keeping issues unclear or unacknowledged.

This too is appropriate if safety is at stake. It is also appropriate if one needs time to think or the time and/or place is not right for dealing with the problem.

It is not appropriate if used all the time to avoid dealing with problems.

## 3. Fighting:

Imposing one's will on another person in whatever way it takes to do that; usually by using verbal abuse or physical violence.

Fighting is usually a reaction to feeling threatened. It is never an appropriate way to resolve a conflict. People get hurt. Victories are hollow and unless the opponent has no will at all, short-lived. The conflicts do not get settled. They just go underground and smoulder.

## 4. Constructive conflict resolution:

Resolving conflicts with actions that are mutually satisfying

Constructive conflict resolution allows problems to be dealt with directly and positively instead of being avoided or covered over. It requires the ability and willingness to figure out the real source of the conflict; initiate constructive action and communicate in positive ways until the problem is solved.

07/89



off- 623-9392

fax- 623-0193

Hot Lines

668-5133

Mr. Donald Berment  
Management Co-ordinator  
Men Against Violence Against Women  
45 River Estate Cir.  
River Estate  
Diego Martin Ph : 637-0924



DD B  
6/8/98

## Constructive Conflict Resolution

Constructive conflict resolution will only work if both persons genuinely want to resolve the conflict. If one or both persons are only interested in winning or maintaining control, then it won't work.

### Step 1: Figure out the real source of the conflict

Is the disagreement about fact, perception or opinion? If it is about fact, check it out with some reliable source. If it is about different perceptions, be aware that everyone has a unique way of perceiving the world. If it is a difference of opinion, know that people's opinions are based on their values and the real source of conflict may be grounded in a difference in values.

### Step 2: Decide whether this is the right time to deal with the conflict

If one or both persons is too upset or if it is not the right place or there is not enough time to work through to a solution, postpone dealing with it. But do not postpone indefinitely. Agree on a time to deal with the problem and deal with it then.

### Step 3: Search for agreement together

#### a. Listen to each other.

When the other person is speaking, give your whole attention to what s/he is saying, both the actual words and the feelings behind the words. Do not think about your own feelings or what you are going to say next, while the other person is speaking. If this is difficult to do, make a rule that each person must say what s/he believes the other person is saying and feeling and have it checked out for accuracy before expressing his/her own self.

#### b. Check what you think you heard.

There is a saying that describes how complicated communication is:

I know that you believe you understand what you think I said, but I am not sure you realize that what you heard is not what I meant.

Always be sure you are understanding the other person. Do not assume you do. It is best to check out your assumptions before proceeding. Many disagreements are based on wrong assumptions.

#### c. Stay on the issue.

Avoid the pitfalls of bringing up past issues, mind reading and name calling.

#### d. Consider many alternative solutions and choose one together to try. If it does not work, choose and try another until both of you are satisfied.

### Remember:

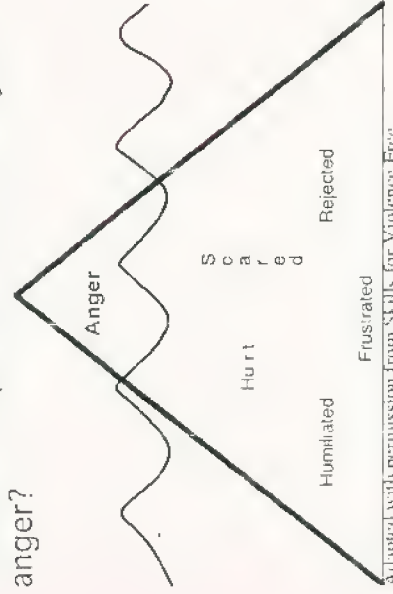
A good relationship is not one without conflict. It is one in which the participants can resolve conflicts so that no one is hurt or oppressed; so that everybody wins.

## The Anger Iceberg

Try this anger awareness exercise and see if it helps you understand this complicated emotion.

### Suggestion

1. Draw an iceberg on a piece of paper like the example below. Label the tip: "anger."
2. Think about a situation in which you felt angry.
3. Write what you did with your anger in the space above the water line.
4. See the "Taking Action" section on the other side of this sheet. What behaviour choices did you make to deal with your anger? What happened as a result?
5. Since anger is a secondary emotion, what were the underlying feeling(s)? Write them beneath the tip.
6. Was the problem solved OK? Do you still need to tell the people involved how you felt?
7. Evaluate your choices. What might have happened if you had chosen an assertive response to deal with your anger?



Adapted with permission from Skills for Violence Free Relationships by Barrie Levy. Copy Freely

## Anger Triggers

It's important to notice the signals our body gives us when we start to feel angry. If we can catch these signals we have a much better chance of gaining control of our anger before we hurt ourselves or someone else. What are your anger triggers?

**External Triggers** are what happens to us, like when someone lies or puts us down

### Internal Triggers:

These are the messages we give ourselves, "self-talk," that get us all worked up. They are sometimes based on assumptions or incorrect information.

## "I" Statements

Learning to talk about how an experience affects us can be a challenge.

Using the following "I" statement formula might help you to communicate clearly what's going on.

I feel \_\_\_\_\_  
when you \_\_\_\_\_,  
and I need you to \_\_\_\_\_.

Example: Jim tells a racist or sexist joke.

Option 1: "What an idiot, go get a life!"

Option 2: "I feel offended when I hear sexist jokes and I don't want to hear anymore."

Which response is constructive?

How could this work for other situations: sexual harassment, bullying, etc.?

## How to deal with



# ANGER

Hot Lines  
637-0924  
668-5133

985-623-9302  
80x-623 0193

Replicas of "WHEELS AND TOBACCO"

AAW.  
Violence Against Women  
Men Against Violence  
P.O. Box 100  
New York, NY 10013

Men Against Violence Against Women



# Taking Action

## THREE Behaviour Choices

**1. AGGRESSIVE:** Anger is expressed either physically, emotionally or psychologically. The result is that someone else is hurt.

**Behaviour choices:** Hitting, kicking, harassment, using put-downs, threats, murder  
**Message to myself:** My anger is not OK so I am going to take it out on someone else. I will blame them for my anger because I am uncomfortable with my own feelings.

**2. PASSIVE AGGRESSIVE:** Anger is repressed by internalizing and denying.

**Behaviour choices:** Cold shoulder, revenge, nasty rumours, depression. (Depression is defined as anger turned inwards.) Bottled up, it can eventually blow up.  
**Message to myself:** My anger is not OK so I will deny it. I am afraid of my feelings.

**3. ASSERTIVE:** A. Anger is expressed directly in non-threatening ways that do not hurt a. ) yourself, b. ) another person or c. ) someone's property.  
B. Anger is suppressed (Not repressed). Acknowledge the feeling and decide to deal with the situation at a more appropriate time in the near future (e.g., after school).

**Behaviour choices:** Make "I" statements that clearly express your feelings/ what you need from the other person: time out, private yelling, journal writing, physical activity.

**Message to self:** My anger is OK and my feelings are an important part of who I am.

## Anger: The Second Emotion

Anger is actually a secondary emotion. The real challenge is to get in touch with the primary emotion(s) that are at the heart of the matter (i.e., under the tip of the anger iceberg). Only then can the problem be dealt with in healthy and assertive ways.

## Remember:

Nobody "makes" you angry. In any situation you have the **power to choose** and the ability to get in touch with your own feelings and to deal with them without hurting anyone. There is no such thing as bad anger or good anger. There are only choices as to how you deal with anger. You can either reject and harm others or accept and respect others and yourself.

## What To Do When You Are Angry

### 1. Recognize angry feelings:

- How does my body feel?
- What are my internal triggers?
- External triggers?

### 2. Calm down:

- Take three deep breaths
- Count backwards slowly
- Get out of the situation
- Talk to yourself positively

### 3. Think about the consequences before you make a choice. Am I being:

- Aggressive?
- Passive Aggressive?
- Assertive?
  - expressing feelings directly
  - suppressing them for now
  - Is it safe? Is it fair?

### 4. Identify your deeper feelings and decide if you want to act to solve the problem or not:

- Use an anger iceberg
- Talk it out
- Use "I" statements

### 5. Think about it later:

- What worked?
- What didn't work?
- What could I do differently?
- Did I do a good job?

**HOW WOULD YOU DESCRIBE YOUR RELATIONSHIP, TOXIC OR HEALTHY?**  
**TOXIC INTIMACY VS. HEALTHY INTIMACY**

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**TOXIC INTIMACY**

**HEALTHY INTIMACY**

*Obsession with finding "someone to love"*

*Development of self as first priority*

*Need for immediate gratification*

*Desire long term contentment; relationship develops step by step*

*Pressuring partner for sex or commitment*

*Freedom of choice*

*Imbalance of power*

*Balance and mutuality in the relationship*

*Power play for control*

*Compromise, negotiation, or taking turns at leading*

*No-talk rule especially if things are not working out*

*Sharing wants, feelings, and appreciation of what your partner means to you*

*Manipulation*

*Directness*

*Lack of trust*

*Appropriate trust (that is, knowing that your partner will likely behave according to his/her fundamental nature)*

*Attempts to change partner to meet one's needs*

*Embracing of each other's individuality*

*Relationship is based on delusion and avoidance of the unpleasant*

*Relationship deals with all aspects of reality*

*Relationship is always the same*

*Relationship is always changing*

*Expectation that one partner will fix and rescue the other*

*Self-care by both partners*

*Fusion (being obsessed with each other's problems and feelings)*

*Loving detachment (healthy concern about partner's well-being and growth while letting go)*

*Passion confused with fear*

*Sex grows out of friendship and caring*

*Blaming self or partner for problems*

*Problem solving together*

*Cycle of pain and despair*

*Cycle of comfort and contentment*

*(A compilation by Jody Hayes, Smart Love. Jeremy Tarcher, Inc., 1989 and based on information supplied by Chicago therapist Terence Gorski)*





OIOB-Tue 3/12/96

## SIGNS OF DOMESTIC VIOLENCE

### PHYSICAL ABUSE

- Threatens to hurt or kill you or your family
- Pushes or shoves
- Holds you to keep you from leaving
- Kicks or chokes
- Hits, slaps or punches
- Throws objects at you
- Locks you out of the house
- Abandons you in dangerous places
- Refuses to help you when you are sick or injured
- Subjects you to reckless driving
- Rapes or coerces you sexually
- Threatens to hurt you with a weapon
- Abuses your pets
- Breaks furniture, belongings or personal effects

### SEXUAL ABUSE

- Harasses you about imagined affairs
- Is jealous and assumes you will have sex with any available person
- Insists on unwanted or uncomfortable touching
- Withholds sex and affection
- Forces you to undress when you don't want to
- Publicly shows sexual interest in other people
- Has affairs after agreeing to a monogamous relationship
- Forces particular unwanted sexual acts
- Forces sex when you are sick or when it is a danger to your health
- Forces sex for the purpose of hurting you with objects or weapons
- Commits sadistic sexual acts
- Tells you about affairs
- Rapes you or coerces you sexually

### EMOTIONAL ABUSE

- Ignores your feelings
- Ridicules or insults your most valued beliefs, your religion, race, heritage or class
- Continually criticizes you, calls you names, shouts at you
- Humiliates you
- Regularly threatens to leave you or tells you to leave
- Punishes you or deprives the children when angry at you

### EMOTIONAL ABUSE(Continued)

- Threatens to kidnap the children if you leave
- Manipulates with lies and contradictions
- Keeps you on an emotional roller coaster
- Continually finds fault with what you do and how you do it
- Tells you you're stupid, incapable or inadequate
- Tells the children what a bad parent you are
- Tells you you're too fat or thin
- Disallows any success and good feelings

### SOCIAL ISOLATION

- Doesn't allow contact with your family
- Doesn't allow you to have your own friends
- If allowed friends, punishes you for having them, calls them names, questions, accuses or picks at you until you stop the relationship
- "Mutual" friends are abusers/victims or chemically dependent
- Keeps you prisoner in your own home
- You live on the abuser's time clock; you're where the abuser wants when the abuser wants you there
- Refuses to socialize with you or take you anywhere
- Denies you access to the car

### FINANCIAL DEPENDENCY

- Keeps you and the family in debt
- Keeps you from working
- If you're employed, causes trouble at work; tries to get you fired
- Keeps you underemployed or working at a job you dislike
- Controls money or resources; everything is in the abuser's name
- Refuses to work or share money
- Makes you ask for money

9

COMPARE YOUR EXPERIENCE WITH THIS LIST OF ABUSIVE BEHAVIOR. IF THESE STRATEGIES ARE PART OF YOUR LIFE, YOU ARE A VICTIM OF DOMESTIC VIOLENCE.

Call (800) - SAVE, (800) 7283 - The Domestic Violence Hotline for further information, if you need help.



# Taking Action

IF YOU WITNESS A FRIEND BEING ABUSED, OR IF A FRIEND TELLS YOU THAT THEY ARE BEING ABUSED IN A RELATIONSHIP ...

- ◆ listen calmly and take the concern seriously
- ◆ reassure your friend that nobody deserves to be abused
- ◆ support your friend in looking at the risks of more abuse
- ◆ suggest talking to a trusted adult such as a teacher, guidance counsellor or call one of the agencies listed on this pamphlet
- ◆ realize the situation will not change overnight

A FRIEND TELLS YOU THAT THEY ARE ABUSING THEIR PARTNER ...

- ◆ support them for recognizing the problem
- ◆ suggest talking to a trusted adult such as a teacher, guidance counsellor or call one of the agencies listed on this pamphlet

IF YOU WITNESS A FRIEND ACTING IN AN ABUSIVE MANNER (VERBAL OR PHYSICAL) TOWARDS THEIR PARTNER ...

- ◆ tell your friend that nobody deserves to be abused
- ◆ help your friends in looking at the risks of more abuse

Give this pamphlet to a friend

IN THE AREA OF PREVENTION ... STUDENTS CAN ...

- ◆ watch for danger signs when dating, like guys who try to control you (eg. what you wear), embarrass you in front of friends or are jealous for no good reason.
- ◆ encourage friends to share ideas and concerns to end the silence.
- ◆ promote healthy ways to deal with anger and resolve conflict
- ◆ be aware of jokes, movies, T.V. programs, advertising and rock videos that are demeaning to women and may promote violence against women.

# Violence IN

## RELATIONSHIPS

STUDENTS CAN MAKE A DIFFERENCE



030-623-4602  
Fax-623-0193  
Hot Line-637-0924/5133  
LOCAL AGENCIES THAT CAN HELP

National Domestic Violence Hotline	800-7283
Aids Hotline	625-2437
Alcohol & Drug Abuse	627-0733
Deaf School: (Port of Spain) (San Fernando)	624-3661 658-5479
Family Planning Association	623-4764
Families in Action	628-2333
Destitute & Terminally Ill (Hospice)	622-1424
Fire	990
Hospital: (Port of Spain) (San Fernando) (Tobago)	623-7715 652-3581 639-2551
Human Rights	652-4504
Legal Aid	652-0454
National Family Services	625-6464
Police	999
Probation	623-8248
Rape Crisis Centre (Port of Spain) (San Fernando) (St. Ann's Hospital)	622-7273 657-5355 624-1151

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Recognize, talk, listen, share, support and

"End The Silence"



# Violence in Relationships

At least one out of ten women in Canada is battered by her partner.

85% of all sexual assaults of teenagers occur between people who know each other.

At least one in nine high school students report involvement in an abusive relationship.

## WHAT IS VIOLENCE IN RELATIONSHIPS?

Violence against women refers to physical or psychological violence by a male towards his partner. You do not have to be married to be a batterer or a victim. You may be in a boyfriend/girlfriend relationship. Being a victim of violence can include one or more of the following:

**Physical Abuse:** Slapping, kicking, hitting, hairpulling, spitting, biting, pushing, shoving, beating with weapons and murder.

**Sexual Abuse:** forced or coerced sex, unwanted touching, sexual accusations, unwanted sexual acts.

**Emotional Abuse:** extreme possessiveness and jealousy, name calling, put downs, manipulation and control, isolation from friends and family, threats of suicide, threats against your life or to harm loved ones and pets, destruction of property

## People in Healthy Relationships:

- spend time together and time apart,
- trust each other,
- respect their mutual choices and differences
- are sensitive to each others feelings,
- are friends,
- have common interests,
- communicate their feelings honestly and openly.

## WHY DO MALES USE VIOLENCE AGAINST FEMALES?

Because they...

- have learned this behaviour in their family of origin (75% of batterers have witnessed their father assault their mother).
- try to maintain a tough macho image reinforced by society and the media.
- believe it is an appropriate expression of male power and control.
- have low self esteem and want their partner to remain dependent on them.
- know there are few, if any consequences for violent acts.

## WHY DO FEMALES APPEAR TO ACCEPT VIOLENCE IN RELATIONSHIPS?

Because they...

- want their relationships to work and hope their boyfriends will change.
- fear their boyfriend will hurt them or seek revenge.
- feel guilt or shame.
- see no other alternative, unaware help is available.
- believe their boyfriends need them.
- have no social or personal supports.
- a boyfriend who is occasionally violent is better than no boyfriend at all.
- believe that the violence is normal.
- think the violence will go away after they get married or have children.

## Facts & Fallacies

**Myth:** Violence against women affects an isolated segment of the population.

**Fact:** Violence against women happens across classes, cultural/ethnic groups, in rural and urban environments. There are no exceptions.

**Myth:** Alcohol causes a man to beat his partner.

**Fact:** Alcohol is often used as an excuse for the violence, but it is never the cause. Some men beat their partner both when they drink and when they are sober. Also, some men who never drink beat their partner.

**Myth:** Women provoke the violence and therefore deserve what they get.

**Fact:** The term "provoke" suggests that there are some behaviours that justify assault. This is not true. Provocation is an excuse the offender uses to avoid responsibility for his own behaviour. There is no excuse for violence against women.

**Myth:** Women enjoy the abuse and find it sexually stimulating.

**Fact:** Women do not find pleasure in the abuse. It is not a sexual turn-on. This assumption is demeaning, disrespectful, and is one more way to blame the victim.